

1-10. (Cancelled)

11. (New) A retractor, comprising at least one blade for retracting tissue and a suture stay removably attached to the retractor.

12. (New) The retractor of claim 11, comprising a first blade and a second blade, the first blade and the second blade being movable relative to each other, the first blade having a first surface and the second blade having a second surface, the first surface and the second surface facing away from each other and being adapted to engage tissue for retraction.

13. (New) The retractor of claim 12, comprising an actuator for moving the first blade and the second blade relative to one another.

14. (New) The retractor of claim 12, comprising a rack, and wherein the first blade and the second blade are attached to the rack.

15. (New) The retractor of claim 12, comprising a first arm and a second arm, the first blade being carried on the first arm and the second blade being carried on the second arm.

16. (New) The retractor of claim 12, comprising a rack, and wherein the first arm and the second arm are attached to the rack, at least one of the first arm and the second arm being movable relative to the rack.

17. (New) The retractor of claim 12, comprising a first arm and a second arm, the first blade being carried on the first arm and the second blade being carried on the second arm.

18. (New) The retractor of claim 11, comprising at least one arm, the at least one arm having a blade carried thereon.

19. (New) The retractor of claim 18, comprising a first arm having a first blade carried thereon and a second arm having a second blade carried thereon, and wherein the first blade and

the second blade are movable relative to each other, the first blade having a first surface and the second blade having a second surface, the first surface and the second surface facing away from each other and being adapted to engage tissue for retraction.

20. (New) The retractor of claim 18, wherein the at least one arm has an opening sized to retain the suture stay therein.

21. (New) The retractor of claim 20, wherein the suture stay has a plurality of slots.

22. (New) The retractor of claim 21, wherein the at least one arm has a plurality of channels aligned with the plurality of slots when the suture stay is retained within the opening.

23. (New) The retractor of claim 20, wherein the suture stay has a body having a slot configured to removably receive a suture therein.

24. (New) The retractor of claim 23, wherein the body has a first surface and a second surface, and the slot extends from the first surface to the second surface.

25. (New) The retractor of claim 23, wherein the body has a top surface, and the slot extends from the top surface into the body and from the first surface to the second surface.

26. (New) The retractor of claim 22, wherein the suture stay has a body having a first surface and a second surface, and the slot extends from the first surface to the second surface.

27. (New) The retractor of claim 26, wherein the body has a top surface and a bottom surface, and the slot extends from the top surface into the body.

28. (New) The retractor of claim 27, comprising a clamp, the clamp coupled to the body adjacent to the slot.

29. (New) The retractor of claim 28, wherein the clamp is configured to engage and retain a suture thread within the slot.

30. (New) The retractor of claim 28, wherein the clamp is configured to permit a suture to pass be drawn through the slot in a first direction, but prevent the suture from being drawn through the slot in a direction substantially opposite the first direction.

31. (New) The retractor of claim 27, wherein the body has an aperture extending from the bottom surface into the body.

32. (New) The retractor of claim 31, wherein the aperture is generally disposed transverse to the slot.

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33. (New) The retractor of claim 32, wherein the body has a bore that extends from the bottom surface into the body and communicates with the aperture.

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34. (New) The retractor of claim 33, wherein the aperture communicates with the slot.

35. (New) The retractor of claim 34, comprising a clamp, the clamp coupled to the body adjacent to the slot.

36. (New) The retractor of claim 35, wherein the clamp is configured to engage and retain a suture thread within the slot.

37. (New) The retractor of claim 36, wherein the clamp is configured to permit a suture to pass be drawn through the slot in a first direction, but prevent the suture from being drawn through the slot in a direction substantially opposite the first direction.

38. (New) The retractor of claim 37, wherein the clamp is configured to be at least partially disposed within the aperture and the slot.

39. (New) The retractor of claim 38, wherein the clamp comprises a post and a leaf extending from the post.

40. (New) The retractor of claim 39, wherein the post is configured to be at least partially retained within the bore and the leaf is configured to be at least partially retained within the aperture.

41. (New) The retractor of claim 40, wherein the leaf is deflected to permit the leaf to be at least partially contained within the aperture.

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42. (New) The retractor of claim 41, wherein the body comprises at least one inner wall formed by the slot and wherein the leaf has an outer edge that engages the at least one inner wall when the leaf is at least partially contained within the aperture.

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43. (New) The retractor of claim 41, wherein the body comprises at least one inner wall formed by the slot and wherein the leaf has an outer edge that engages the at least one inner wall when the leaf is at least partially contained within the aperture.